

Medical Force Protection: Aruba

Medical Force Protection countermeasures required before, during, and after deployment to Aruba are as follows:

Major Threats

Diarrhea, respiratory diseases, injuries, dengue fever, other arthropod-borne infections, sexually transmitted diseases, heat injury, and limited risk of leptospirosis and Chaga's disease. The island's water system is supposedly safe for drinking, however presume local water sources are not safe for drinking. There is one venomous snake, *Crotalus durissus*, the Neotropical rattlesnake which is most active at dusk.

Requirements before Deployment

1. **Before Deploying report to Medical to:**
 - a. Ensure your Immunizations are up to date, specific immunizations needed for area: **Hepatitis A, Typhoid, Yellow fever, Tetanus (Td), and Influenza.**
 - b. If you have not been immunized against Hepatitis A (two dose series over 6 months) get an injection of Immunoglobulin with the initial Hepatitis A dose.
2. **Malaria Chemoprophylaxis: Not required.**
3. **Get HIV testing if not done in the past 12 months.**
4. **Make sure you have or are issued from unit supply: DEET, permethrin, bednets/poles, sunscreen and lip balm. Treat utility uniform and bednet with permethrin.**

Requirements during Deployment

1. Consume food, water, and ice only from US-approved sources; **"Boil it, cook it, peel it, or forget it".**
2. Involve preventive medicine personnel with troop campsite selection.
3. Practice good personal hygiene, hand-washing, and waste disposal.
4. Avoid sexual contact. If sexually active, use condoms.
5. Use DEET and other personal protective measures against insects and other arthropod-borne diseases. Personal protective measures include but are not limited to proper wear of uniform, use of bed nets, and daily "buddy checks" in tick and mite infested areas.
6. Continue malaria chemoprophylaxis.
7. Minimize non-battle injuries by ensuring safety measures are followed. Precautions include hearing and eye protection, enough water consumption, suitable work/rest cycles, acclimatization to environment and stress management.
8. Eliminate food/waste sources that attract pests in living areas.
9. Avoid contact with animals and hazardous plants.
10. **Leptospirosis Prophylaxis: Doxycycline 200 mg/weekly.**

Requirements after Deployment

1. Receive preventive medicine debriefing after deployment.
2. Seek medical care immediately if ill, especially with fever.
3. Get HIV and PPD testing as required by your medical department or Task Force Surgeon.